

Buttermilk as a Bleach.
BUTTERMILK rubbed on the skin every night before retiring makes a wonderfully efficacious face bleach.

Don't Send 1 Penny



Bargain Knitted Eponge Dress
This is a copy of a fine French dress which is all the rage in fashion circles. It is made of a soft, comfortable material, and is very stylish. It is a real bargain at \$3.45. Write for details to Walter Field Co., Dept. A 3125, Chicago.

Advertisement.



Scientist Discovers Skin Laxative

WOMEN, give thanks to Mr. McGowan—an English scientist, scores out of his twenties. His discovery means that a beautiful skin is now a matter of personal cleanliness; made beautiful while you wait!

The element he has found physics one's skin. Its action is gentle, but positive. Its use is delightful, for it is applied outside. Put it on; slip into your easy chair; in less than an hour the skin pores move. Impurities clogging your face are contracted and rendered invisible. The new bloom of color and velvety texture of skin are simply marvelous.

Complexion in Forty Minutes! Place it on the face like a poultice. Soon, you feel this laxative working on every inch of skin. In half an hour wipe off with a towel—and with it every blackhead, pimple-point, speck and spot of dirt. That's all. Terra-dema-lax must be fresh, so every jar is dated and shipped direct.

AMAZING OFFER! NO LABORATORY CHARGE FOR FIRST JAR!

Prescription cost of this marvelous beauty clay has been \$5. But so all may try it, just one jar (full size) will be sent for \$1.45—the bare cost of materials, plus postage! See offer below:

With each jar (two months' supply) comes McGowan's own directions. Pay postman the small, actual cost charges of \$1.45, plus the few cents postage on delivery; or if you expect to be out, \$2 bill enclosed will bring jar prepaid. In either case, anyone whose skin and complexion do not receive instantaneous and astonishing benefits, may have money back.

DERMATOLOGICAL LABORATORIES
229 Plymouth Court, Chicago

Please send two-months' supply of freshly compounded Terra-dema-lax. I will pay postman \$1.45 plus postage. My money to be refunded unless results delight me within five days (15).

Name _____
Address _____



Mothers: write for this fascinating booklet

"Mothers of the World" is the title of a fascinating little booklet which we have prepared for the mothers of America. It tells about the wonderful inventions which have made new beauty in Baby Carriages possible. It is Marshall B. Lloyd who invented the method and loom which produce Baby Carriages and Wicker Furniture thirty times faster than the old hand woven products. These inventions cut labor costs, enabling us to weave the finest wickers, use the best raw materials, add the latest refinements and still sell our wicker products at very low prices.

THE LLOYD MANUFACTURING CO.
(Haywood-Wakefield Co.)

MENOMINEE MICHIGAN
Pat. Process LOOM
Baby Carriages & Furniture

Please send me your booklet, "Mothers of the World," illustrating Lloyd Loom Woven Baby Carriages and Furniture.

Name _____
Street _____
City _____ State _____ (15)

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Grapes, Plain Omelet, Toasted Oatmeal Bread, Coffee. Luncheon Genoaese Spaghetti, Lettuce Salad, Apple Whip, Iced Tea. Dinner Baked Crumbed Codfish, Egg or Parsley Sauce, Browned Baked Potatoes, Scalloped Salad, Fruit Sherbet, Sponge Cup Cakes.	Breakfast Fruit, Griddle Cakes, Maple Syrup, Coffee. Luncheon (Company) Ham Timbales, Green Peas, Butterless Chocolate Cake, Twice Cooked Fruit Cup (left over fruit juice with water and crushed ice). Dinner Baked Beans, Tomato Jelly Salad, Boston Brown Bread (with Raisins).	Breakfast Cantaloupe, Milk Toast, Corn Bread, Coffee. Luncheon Mexican Chowder (Beans, Onions, Celery, Onion, Beef Steak, etc.). Clover Leaf Rolls. Dinner Tripe Fried in Butter, Mashed Potatoes, Chili Sauce, Picailli or Chow-Chow, Baked Peas, Marshmallow Gingerbread, Coffee.	Breakfast Cereal, Top Milk, Shirred Eggs, Blueberry Muffins, Coffee. Luncheon Pressed Veal, Potato and Green Pea Salad, Mustard Pickles, Left-over Gingerbread, Iced Tea. Dinner Scalloped Asparagus, Whole Wheat Bread, Lettuce and Egg Salad, Cream Cheese Dressing, Mocha Cake.	Breakfast Broiled Tomatoes on Rice Mounds, Muffins, Coffee. Luncheon Baked Stuffed Summer Squash, Brown Sauce, Creamed Potatoes, Deep Fruit Pie, Iced Tea. Dinner Roast Lamb, Mint Sauce, or Boiled Salmon, Hollandaise Sauce, Green Peas, Potato Balls, Pineapple Sherbet, One-Egg Cake.	Breakfast Baked Apples, Dried Beef with Cream, Coffee. Dinner Cold Boiled Chicken, Steamed Rice, Cream Gravy, Buttered Mashed Turnips, Celery Stuffed with Cream Cheese, Cold Bread and Raisin Pudding, in Cream. Supper Potato Salad (Garnished with Summer Vegetables), Jelly Jumbles.	Breakfast Baked Apples, Dried Beef with Cream, Coffee. Dinner Cold Boiled Chicken, Steamed Rice, Cream Gravy, Buttered Mashed Turnips, Celery Stuffed with Cream Cheese, Cold Bread and Raisin Pudding, in Cream. Supper Potato Salad (Garnished with Summer Vegetables), Jelly Jumbles.

Canning Fruit Juices and Vinegars

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

ANOTHER and last method of handling fruit products is to can the juice or make it into the form known as a cordial or vinegar. Since the mineral salts and valuable nutritive qualities of many fruits and vegetables are to be found in the juice and not in the pulp or seeds, it will be seen why the preservation of the juice only is as important as any other method of preserving juice, pulp and seeds together. At that time of the year, when grapes, apples, peaches and other fruits are at the height of their season, it is well to know how to utilize the juices and how to can and save them.

All home-made fruit juices can be used in numerous ways; first, as beverages, just as we so universally use grape juice. In the past few years the use of a fruit juice as a drink has increased, and there is no better means of introducing valuable salts into the system. At various health sanitariums such fruit juices are invariably served in place of tea and coffee. The housewife with meals to plan will find that such home-made juices are very helpful when preparing gelatine desserts, pudding sauces, creams and other dishes where a fruit flavor or syrup are desired.

In connection with other regular canning, the housewife often finds she has an excess of juice or syrup left from peaches or other fruit. She should therefore know how she can easily and quickly can such left-over juices for Winter's use. In many cases the juices may be bottled without any sugar and later made into jelly when sugar is lower in price.

Since grapes are plentiful and contain large quantities of l-saltful tartaric acid, phosphates, etc., we may give first the method of making grape juice at home. Use only clean, sound, not over-ripe grapes. Crush or press with wooden spoon or place in a newly washed muslin bag and tie up. Hang this bag securely from a low hook and twist it or let two persons twist it until a great part of the juice is pressed out. Heat this juice in an enamel kettle which is placed in an outer, larger kettle of boiling water. The point is that the juice must not come in direct contact with fire or it will lose both color and flavor.

The temperature at which to extract grape juice or any other juice should be between 180 degrees Fahrenheit to 200 degrees Fahrenheit, but never above. This is always below the boiling point. Now pour off the juice and into a conical flannel bag suspended on a broom handle or nail. Never by any means squeeze this bag, as that will make the juice full of sediment and cloudy in appearance.

Have clean bottles, freshly sterilized, new corks and a wash boiler or other form of sterilizing equipment ready. Take the juice extracted from the flannel drip bag and fill carefully into clean bottles to within about two inches of the top. Place bottles in boiler or canner and heat the juice to the

simmering point. Cork at once, using a seal of equal parts of rosin and beeswax or melted paraffin. This may seem somewhat long, but the directions are really more elaborate than the actual time to do the canning. Many people do not even go to the trouble of letting the juice settle after straining it, but re-heat and seal immediately. This, however, results in a cloudy extraction. Never should either the heating of the crushed fruit nor the sterilizing in the bottle be done at a high temperature; or, as has been said, the taste and flavor will be poor. Also, do not put grape juice in too large bottles, as it may become spoiled before being entirely used. Pints or quarts are satisfactory.

Other fruit juices are extracted the same way—heating the pulp at a low temperature, straining through flannel bag, allowing to settle, bottling and re-heating again. Apples, pears, peaches, pineapple, as well as berries, can be thus prepared, using waste or small products otherwise undesirable for canning or preserving.

The term "shrub" is an old-fashioned one, referring to a combination of vinegar and fruit juice. Any berry shrub, for example, or peach shrub, may be made by adding one quart of the best cider vinegar to three quarts of berries or fruit cut in small pieces and letting stand over night. Drain in jelly bag. To each pint of juice add one pound of sugar. Boil half an hour and bottle when cold.

The housewife who likes variety

and who prides herself on her table delicacies will wish to add a few home-made vinegars or relishes to her other stores of bottled products. A "vinegar" made at home means a very highly spiced extract, of which she may add a few drops to her usual salad dressing or sauces. An easy and piquant one is chili pepper vinegar, very seasonable just now. Fill a quart stone jar with small chili peppers, retaining their seeds. Cover with wine or cider vinegar. Cover jar and keep in a dark place. This may be used in a week.

A delicious sweet grape pickle is made by allowing four pounds of sugar and one quart of elder vinegar to seven pounds of grapes. Tie usual pickling spice in a bag and cook with the syrup. Pour the syrup, when thick and boiling, on the grapes. Remove, re-heat and pour again over the fruit for two successive days, then seal.

Pickled peaches are delicious served with cold meats, and very inexpensive to put up. Select perfect, firm fruit. Place in brine for a week, then remove, wipe and place in a clean glass jar. Pour boiling vinegar over the fruit after it has been boiled with a half ounce each of whole pepper, white mustard seed and cloves, and a quarter ounce of sliced ginger. Let stand over night. Re-heat vinegar, add one teaspoonful of salt and again pour over the fruit. Add sufficient spiced vinegar to fill up the jars in which the fruit is packed.

Sunday American-Examiner Patterns



A SPLENDID HOUSE DRESS FOR MATURE FIGURES (3656). It is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. A 38-inch size requires 5 yards of 36-inch material.

A POPULAR STYLE FOR THE GROWING GIRL (4084). The pattern is cut in 4 sizes: 8, 10, 12 and 14 years. To make the model (as illustrated) for a 10-year size requires 2 1/2 yards of 32-inch material for the blouse and 2 1/2 yards for the skirt.

A NEW AND STYLISH DRESS (4096). The pattern is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. A 38-inch size requires 7 1/2 yards of 32-inch material.

A YOUTHFUL ONE-PIECE MODEL (3866). The pattern is cut in 3 sizes: 16, 18 and 20 years. An 18-year size requires 4 1/2 yards of 38-inch material.

A COMFORTABLE PLAY GARMENT (4094). The pattern is cut in 4 sizes: 2, 4, 6 and 8 years. A 4-year size requires 2 yards of 32-inch material.

A SMART STYLE FOR THE GROWING GIRL (4089). The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. A 10-year size requires 3 yards of 32-inch material. For collar and sleeve facings (as illustrated in large view) 1/2 yard of 32-inch material is required.

BOY'S BLOUSE AND KNICKERBOCKER TROUSERS (3436). It is cut in 5 sizes: 6, 8, 10, 12 and 14 years. A 10-year size requires 1 1/2 yards of 36-inch material for the blouse and 1 1/2 yards for the knickerbockers.

To obtain any two of these desirable patterns fill in the accompanying coupon and mail with 20c in silver or stamps to BARGAIN DAY, P. O. BOX NO. 260, CITY HALL STATION, NEW YORK, N. Y.

Tested Frosting Recipes

By Mary Lee Swann,
The Well-Known Writer and Lecturer on Cooking.

Vanilla Butter Frosting.

WASH and cream 1 cup of butter and gradually add 2 1/2 cups sifted confectioner's sugar. Add a few drops of vanilla very slowly, beating constantly. Color with Burnett's vegetable color paste, if desired.

Twice-Cooked Frosting.

PLACE a bowl of boiled frosting in a pan of boiling water and beat it until a little grating sound is heard as the spoon scrapes the sides and bottom of the bowl.

Confectioner's Frosting.

HAVE ready 1 1/2 cups sifted confectioner's sugar and 1/4 cup liquid (fruit juice, cream, milk, coffee or water). Mix carefully, adding a little more sugar if needed. If a very thick frosting is needed the liquid should be heated before adding to the sugar.

Maple Sugar Frosting.

BREAK 1 pound of maple sugar into small pieces. Put in a saucepan with 1/4 cup boiling water and stir occasionally until sugar is dissolved. Boil without stirring until syrup will spin a thread when dropped from tip of spoon. Pour syrup gradually on 2 stiffly-beaten egg whites, beating constantly, and continue beating until stiff enough to spread.

Marshmallow Paste Frosting.

MIX 1/2 cup sugar and 1/4 cup milk. Bring slowly to the boiling point without stirring. Boil 6 minutes. Cut 1/4 pound marshmallows in small pieces and melt in top of double boiler; add 2 tablespoons hot water and cook until smooth. Add the hot syrup gradually, beating constantly. Beat until cool enough to spread and then add a few drops of vanilla.

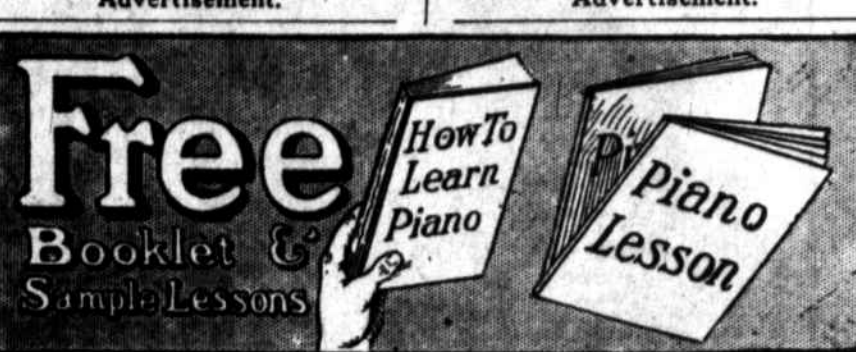
Boiled Frosting.

MIX 1 1/2 cups sugar with 1/2 cup cold water and 1 tablespoon light corn syrup. Cook together, stirring constantly, until sugar is dissolved. Continue cooking until sugar thermometer reaches 244 degrees Fahrenheit. At this stage the syrup will form a firm ball when tested in cold water. Remove syrup from the fire and pour very slowly into 2 stiffly-beaten egg whites. Beat constantly until stiff enough to hold its shape. Add flavoring to taste. This frosting may be colored with vegetable coloring pastes.

Beauty Contented

You are always contented that your beauty has been developed to its highest possibilities after using Gourd's Oriental Cream. White Flesh-Rachel.
Send 10c for Trial Size
P. T. HOPKINS & SON
New York

Advertisement.



Play Piece On Piano in 4 Lessons

Send for Sample Lessons FREE!

Year after year you've seen my advertisement in all the leading publications, offering to teach you piano in quarter the usual time. Year after year my school has grown and grown until now I have far more students than were ever before taught by one man. In 1921 over a thousand students graduated from my Piano or Organ course and received their diplomas.

Yet when I first started giving piano and organ lessons by mail in 1891, my method was laughed at. Could my conservatory have grown as it has, obtained students in every State of the Union, and in fact practically every civilized country of the world, unless it produced very unusual and satisfying RESULTS for its students? See for yourself what it is that has brought my method so rapidly to the front. Write for free booklet and sample lessons.

Now for the first time you can obtain sample lessons without charge. In the past I have always been opposed to sending out free lessons, even to persons who were seriously interested in my course. But my friends have insisted that I give everybody a chance to see for themselves just how simple, interesting and DIFFERENT my lessons are, and I have consented to try the experiment for a short time. Simply send in your name and address on a letter or postcard, and the 64-page booklet and sample lessons will go to you at once absolutely free and without obligation.

Within four lessons you will play an interesting piece on the piano or organ, not only in the original key, but in all other keys as well. Most students practice months before they acquire this ability. It is made possible by my patented invention, the Colorotone. Another invention obtainable only from me is my hand-operated moving picture device—Quinn-dex. By means of Quinn-dex you actually see my fingers in motion on the piano, and can learn just how to train your own fingers.

When I say that I can teach you the piano in quarter the usual time, do not think that this is too good to be true. Modern inventions and improved methods have accomplished just as great wonders in other branches of education. You at least owe it to yourself to investigate. Send letter or postcard at once, before the offer of free sample lessons is withdrawn.

MARCUS LUCIUS QUINN CONSERVATORY OF MUSIC
Studio AK 48 598 Columbia Road, Boston 25, Mass.

Keeping a Child's Hair Beautiful



What a Mother Can Do To Keep Her Child's Hair Healthy—Fine, Soft and Silky—Bright, Fresh-Looking and Luxuriant

THE beauty of your child's hair depends upon the care you give it. Shampooing it properly is always the most important thing. Shampooing brings out the real life and lustre, natural wave and color, and makes the hair soft, fresh and luxuriant. When your child's hair is dry, dull and heavy, lifeless, stiff and gummy, and the strands cling together, and it feels harsh and disagreeable to the touch, it is because the hair has not been shampooed properly.

When the hair has been shampooed properly, and is thoroughly clean, it will be glossy, smooth and bright, delightfully fresh-looking, soft and silky. While children's hair must have frequent and regular washing to keep it beautiful, it cannot stand the harsh effect of ordinary soaps. The free alkali in ordinary soaps soon dries the scalp, makes the hair brittle and ruins it.

That is why discriminating mothers, everywhere, now use Mulsified coconut oil shampoo. This clear, pure, and entirely greaseless product cannot possibly injure, and it does not dry the scalp or make the hair brittle, no matter how often you use it. If you want to see how really beautiful you can make your child's hair look, just follow this simple method:

A Simple, Easy Method

FIRST, put two or three teaspoonsful of Mulsified in a cup of glass with a little warm water. Then wet the hair and scalp with clear warm water. Pour the Mulsified evenly over the hair and rub it thoroughly all over the scalp and throughout the entire length, down to the ends of the hair.

Two or three teaspoonfuls will make an abundance of rich, creamy lather. This should be rubbed in thoroughly and briskly with the finger tips, so as to loosen the dandruff and small particles of dust and dirt that stick to the scalp.

After rubbing in the rich, creamy

Mulsified

COCOANUT OIL SHAMPOO

Send 10c in silver or stamps for our NEW UP-TO-DATE FALL AND WINTER 1922-1923 BOOK OF FASHIONS in colors, with comprehensive dressmaking suggestions.